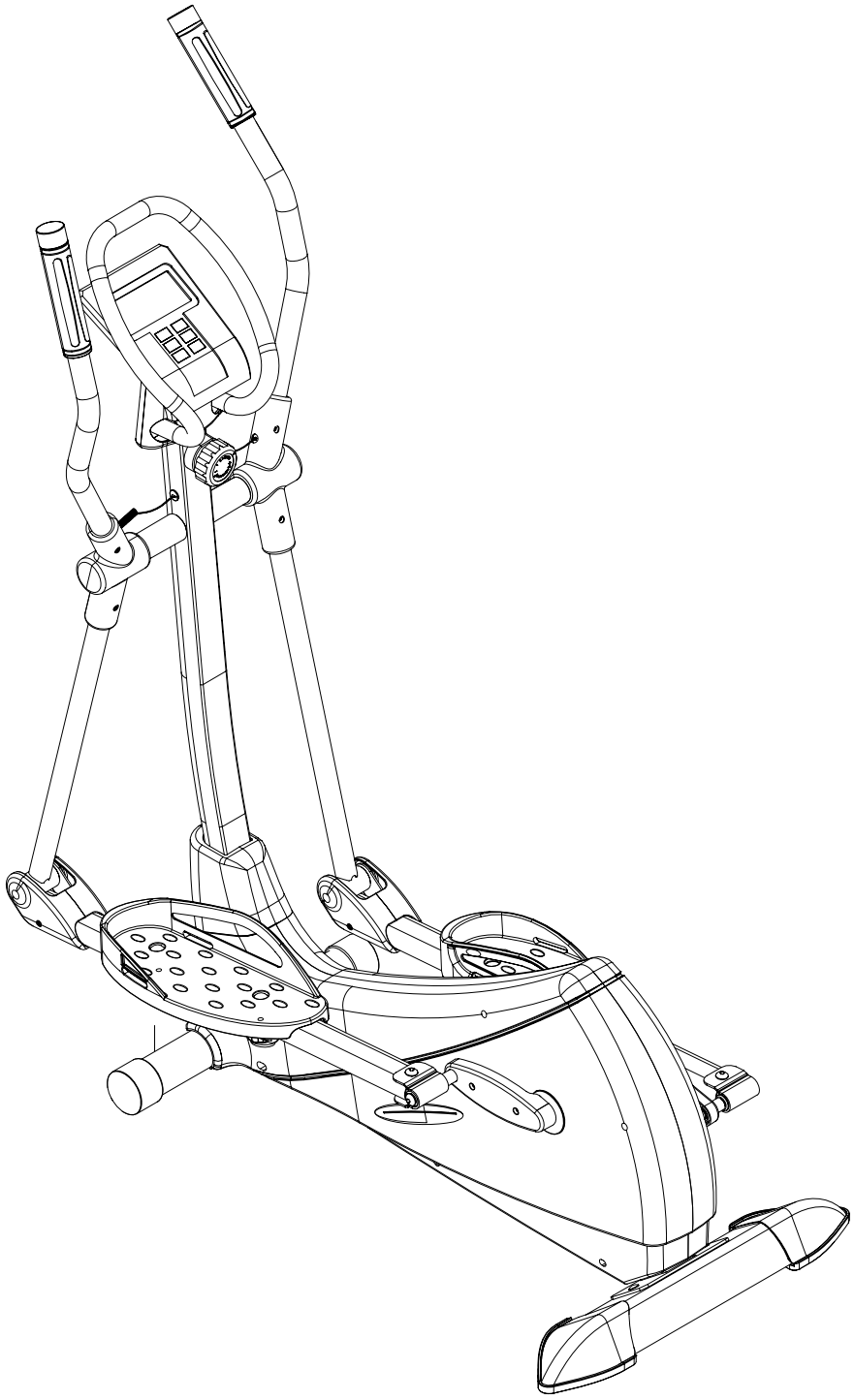
USER MANUAL

SF—E602 ELLIPTICAL TRAINER



PLEASE READ THIS MANUAL BEFORE STARTING ASSEMBLY AND OPERATING ON THIS EQUIPMENT. KEEP THIS MANUAL AS FURTURE REFERENCE.

General safety instructions

In the design and the production of this fitness equipment, much attention has been paid to safety. Nevertheless, you need at all times to remain conscious of certain safety measures. Make certain that you have carefully read through the whole user manual prior to your use of the equipment. Keep in mind the following points:

1. This equipment has not been designed to be used as a toy and must only be used for the purposes described in this manual. Read the instructions below carefully before using this equipment.
2. Keep children and animals away from the equipment. Children's curiosity may probably cause inappropriate operation on this equipment. If children are allowed to use the equipment, they should only do so under supervision and after receiving instructions regarding its proper use. Under no circumstances should the equipment be used as a toy.
3. Always consult with your physician prior to making use of this equipment or any other fitness equipment.
4. Always wear safe and comfortable clothing when you are using fitness equipment. Preferably, wear sports shoes or aerobic footwear.
5. In the event you should feel faint or suffer other discomforts, stop using the equipment. You also need to stop when you experience pain in or pressure on your joints.
6. Make certain that no more than one user is occupying the equipment at one time. Place the equipment on a level surface; the space required is approximately 2 x 1 metres.
7. Make certain that the equipment has been correctly assembled prior to its use. Ensure that all screws, nuts and bolts have been fitted correctly and tightened properly. Use only the parts that are recommended by the importer and that have been delivered with the equipment.
8. Do not use the equipment if it is damaged or has broken down.
9. Pay attention to how your body reacts after using the equipment. Dizziness is a sign that you worked out too intensely. If you feel dizzy, stretch out on the floor and do not try to get back on your feet until the dizziness has disappeared.
10. Always use the equipment on a level and clean surface. Never use the equipment outdoors or in water.
11. Avoid that your arms and legs come too close to the moving parts. Do not stuff articles inside the existing openings in the equipment.
12. Use this equipment only for the purposes as described in this user manual. Do not use parts that were not recommended by the manufacturer.
13. Ascertain that there are no sharp and pointed objects in the immediate vicinity of the equipment.
14. We advise physically challenged individuals to use this fitness equipment only under the supervision of qualified instructors.
15. The equipment must have come to a complete standstill before stepping down.

Warning

Consult with your physician prior to starting your exercises. A frequent and intensive training programme should first be approved by your family physician. This is especially important for individuals above 35 years of age or for those with physical problems. Carefully read through the entire user manual before you start exercising. We are in no wise responsible for personal injury or physical strains and discomforts that are caused by the use of this equipment and cannot be held liable in case of their occurrence. Carefully save these instructions. Incorrect or extreme use may lead to personal injury.

Note: the maximum permissible weight on this equipment is 221LBS.

Assembly

This user manual has been put together in order to simplify the assembly of the equipment and at the same time to explain its correct use. Please make certain to carefully read through this manual. In order to familiarise yourself with the parts of the equipment, we recommend that you carefully study the general reference drawing prior to starting the assembly and the use of the equipment.

Place all parts needed for the assembly on the floor in an orderly manner and remove all packing material. Check the list of parts to verify what items are present. For the actual assembly we make referral to the following pages.

Thank you for your purchase

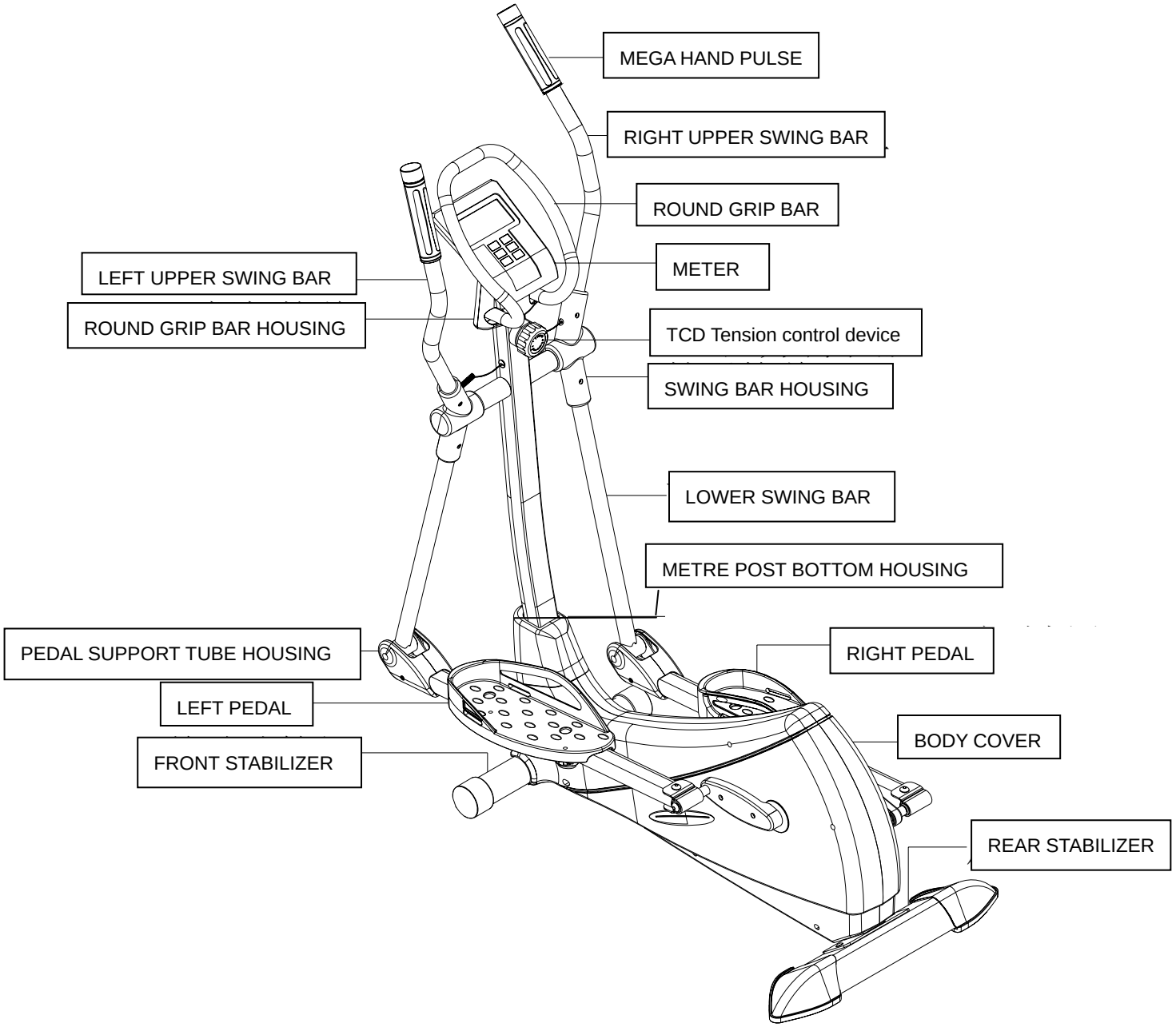
we thank you for your purchase of this **SUNNY HEALTH & FINTNESS** household equipment. This equipment will help you in improving your general conditioning and in developing your muscles in the correct way. In addition, you can now enjoy all of these benefits inside your own home.

Maintenance and use

Consult your physician before starting the exercises. A frequent and strenuous workout program must be approved by your physician first.

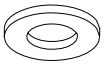
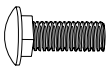
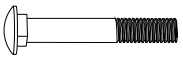
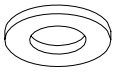
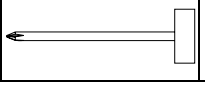
- The equipment requires a regular check-up to prevent physical injury. This means that bolts and nuts should be frequently checked for their proper tightening and that the equipment in general should be checked for cracks and sharp edges etc.
- Defective components must be replaced immediately. If this is not feasible, the equipment must be put out of order until the required repairs have been made.
- NB! Do not smoke or use fire near the equipment, as some of the plastic components are flammable.
- Do not use the equipment in front of a burning stove and/or fire place.
- Persons suffering from a plastics allergy should consult their physician before using the equipment.
- Do not touch any cylinders on the equipment as they become extremely hot during use

PRODUCT OVERVIEW:

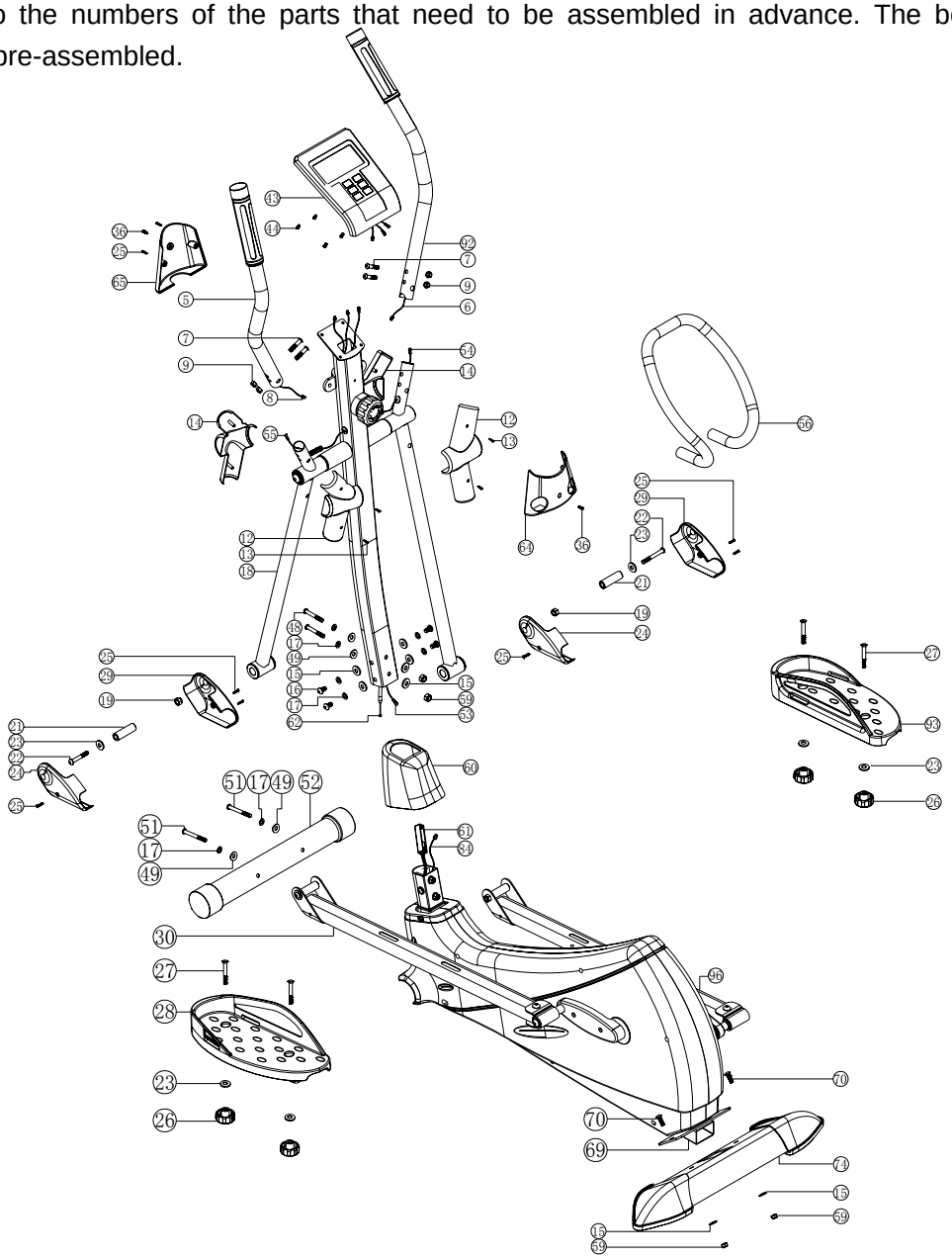


ASSEMBLY TOOL & ASSEMBLY DIAGRAM

Please identify the following assembly tools' sketch photo illustration which will be helpful in the process of assembly.

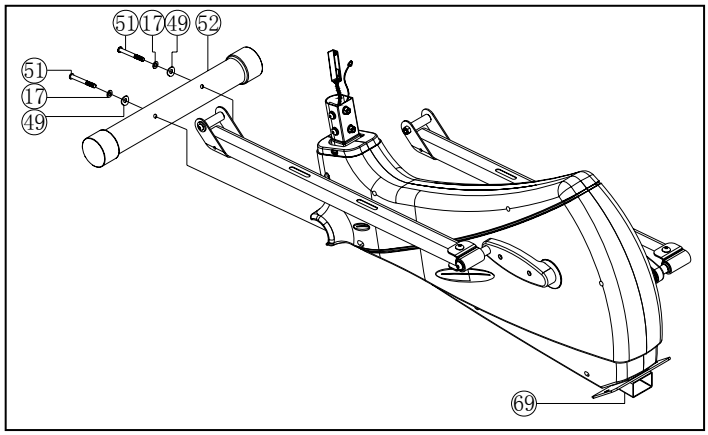
NO.	NAME & SPEC	DRAWING	QTY.	NO.	NAME & SPEC	DRAWING	QTY.
13	M4*35 ROUND CROSS SCREW		4	15	OD20*ID8.5*2.0T FLAT WASHER		2
25	M4*20 ROUND CROSS SCREW		8	70	M8*20 CARRIAGE SCREW		2
27	M10*50 CARRIAGE SCREW		4	59	M8 NYLON CAP		2
23	OD20*ID10.5*2.0T FLAT WASHER		4	36	M5*16 ROUND CROSS SCREW		2
51	M8*72 INNER HEXAGON SCREW		2		5MM INNER HEXAGON SPANNER		1
17	M8 SPRING WASHER		2		6MM L SPANNER		1
49	M8 ARC WASHER		2		TUM SPANNER		1

Please refer to the numbers of the parts that need to be assembled in advance. The body cover inside mechanism is pre-assembled.



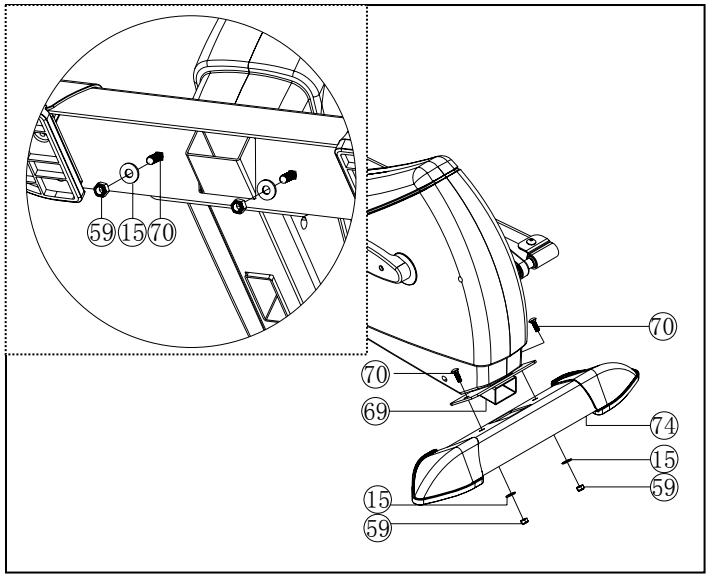
1. FRONT STABILIZER

— Attach the front stabilizer (52) to the front bottom of main frame. Insert an M8*72 inner hexagon screw (51) through an M8 spring washer (17), M8 arc washer (49) and front stabilizer as well the main frame. Lock this group tight.



2. REAR STABILIZER

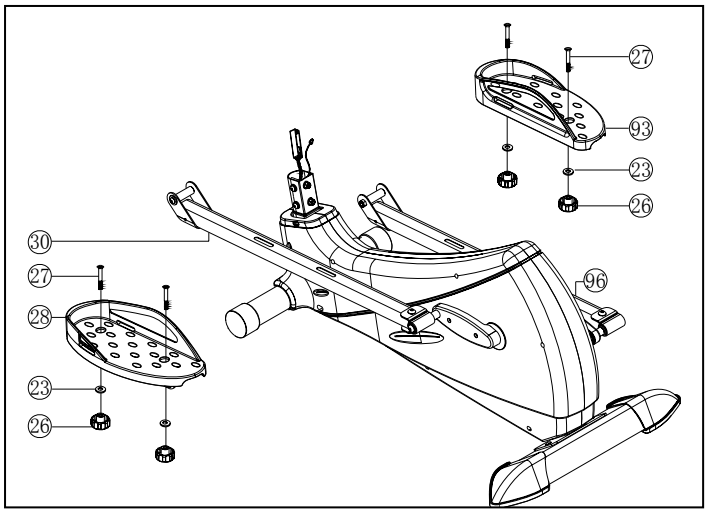
—Attach the rear stabilizer (74) to the rear bottom of main frame. Insert an M8*20 carriage screw (70) through the main frame bottom and the rear stabilizer; use OD20*ID8.5*2.0T flat waher (15) and M8 nylon cap (59) to lock the screw on.



3. PEDALS

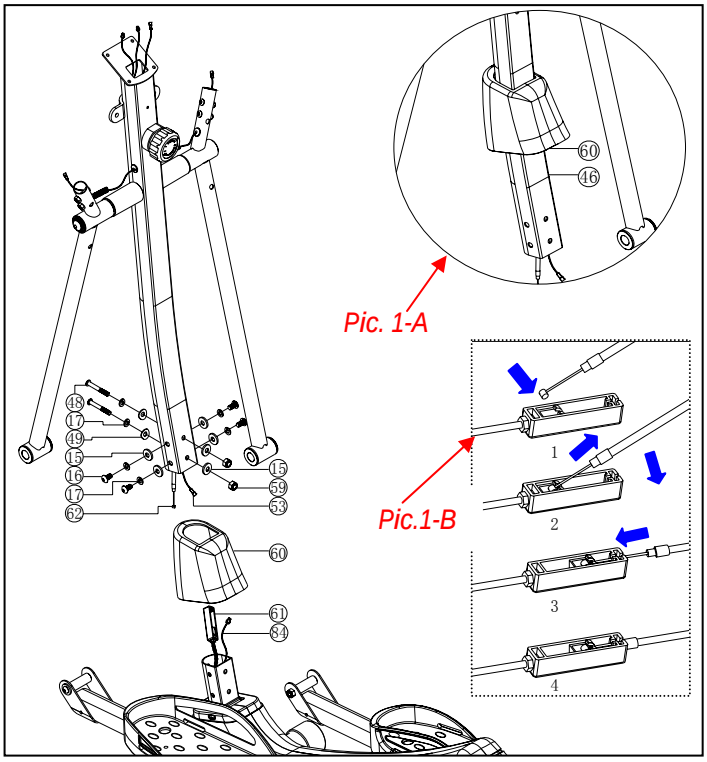
— Put the right pedal (93) on the right pedal support tube (96). Inert them through with M10*50 carriage screws (27). Then use OD20*ID10.5*2.0T flat washers (23) and pedal adjust knobs (26) to lock them tight.

— Put the left pedal (28) on the left pedal support tube (30). Insert them through with M10*50 carriage screws (27). Then use OD20*ID10.5*2.0T flat washers (23) and pedal adjust knobs (26) to lock them tight.

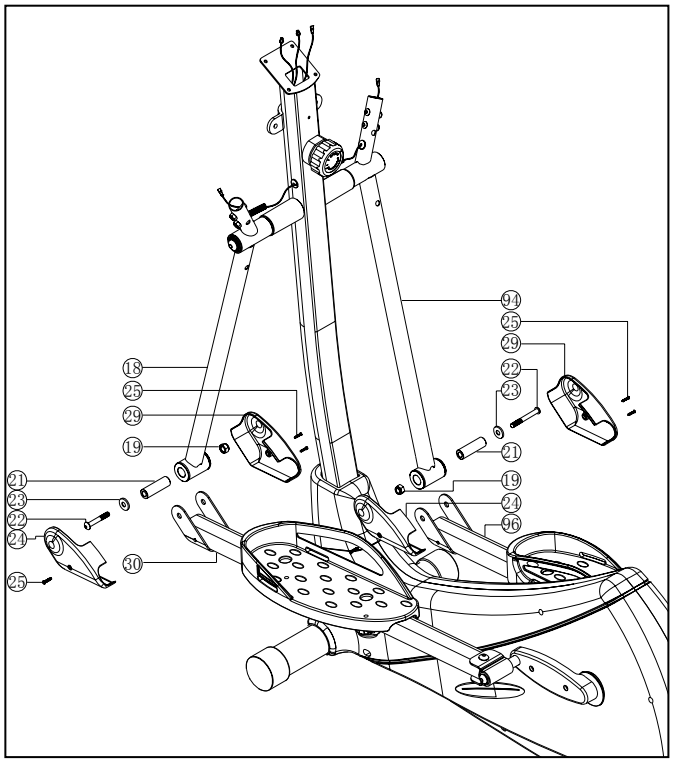


4. METER POST

- First please remove the two M8*70 inner hexagon screws (48), two M8 nylon caps (59), six M8 spring washers (17), two M8 arc washers (49), four M8*20 inner hexagon screws (16) and four OD20*ID8.5*2.0T flat washers which are pre-assembled on the bottom of the meter post.



- Make the TCD knob on the meter post (46) at the lowest level. Under this circumstance, the sensor wire will come out the post at its longest status which will help the wire porst connection as follows.
- Slide the meter post bottom housing (60) onto the meter post (46) and keep it at the upper area of the post. (See Pic.1-A)
- Move the meter post (46) with the housing close to the main frame. Connect the TCD upper segment (62) with the TCD lower segment (61). (See Pic. 1-B); connect the ports of sensor wire upper section (53) with the sensor wire lower section(84)
- Silde the upper meter post onto the lower one. Use the removed screws and washers to lock this part according to right photo drawing.
- Fix the meter post bottom housing (60) firm on the body covers.



5. Lower swing bars & pedal support tubes

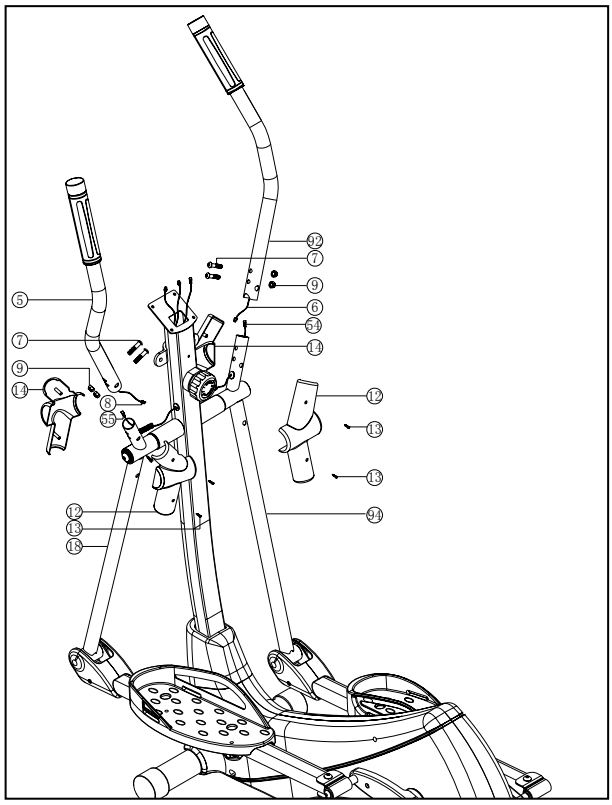
- Use 6MM L spanner and tum spanner to disassemble the M10*76 inner hexagon screws (22), OD20*ID10.5*2.0T flat washer (23), lower swing bar axle (21) and M10*6.35T nylon caps (19) which are pre-assembled on the left and right pedal support tubes (30,96).
- Insert the lower swing bar axle (21) into tube bushing of the lower swing bar (18).
- Then fix the lower swing bar (18) between the U shape end of the let pedal support tube (18). Then assemble this joint with parts: M10*76 inner hexagon screws (22), OD20*ID10.5*2.0T flat washer (23), lower swing bar axle (21) and M10*6.35T nylon caps (19)
- Use M4*20 round cross screws (25) to lock the L+R pedal support tube housing (24,29)

【NOTE】:The left & right lower swing bar assembly way is exactly the same procedure. The left lower swing bar (18) and right lower swing bar (19) can be used alternatively.

6. Upper & lower swing bars

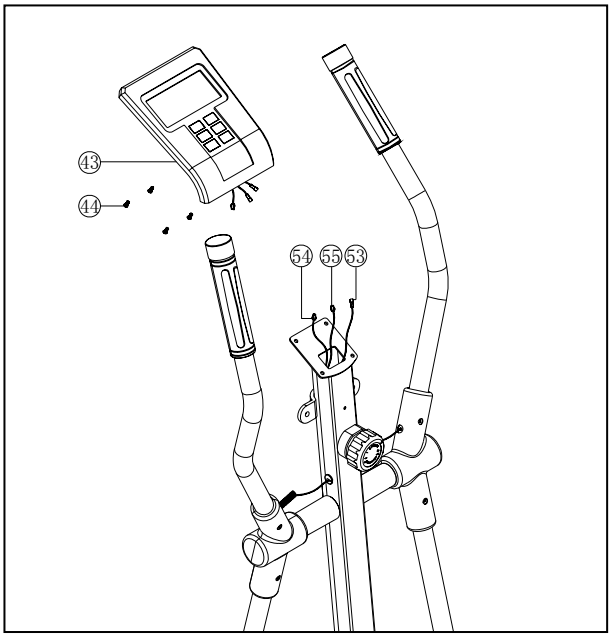
- Remove M8*36 inner hexagon screws (7) and M8*6.35T nylon caps (9) which are pre-assembled on the L+R lower swing bars (18,94).
- Move the right upper swing bar (92) close to the right lower swing bar (94); combine the port of hand pulse wire 1 (6) out from the right upper swing bar with the port of the hand pulse wire 3 (54) out from the right lower swing bar.
- Slide the right upper swing bar onto the right lower swing bar and insert them through with removed M8*36 inner hexagon screw (7). Finally use the M8*6.35T nylon cap (9) to lock up them.
- Cap the swing bar front (12) and rear (14) housing and use M4*35 round cross screw (13) to fix them.

【NOTE】:The procedure of assembling left right swing bar (5) is the same as above.

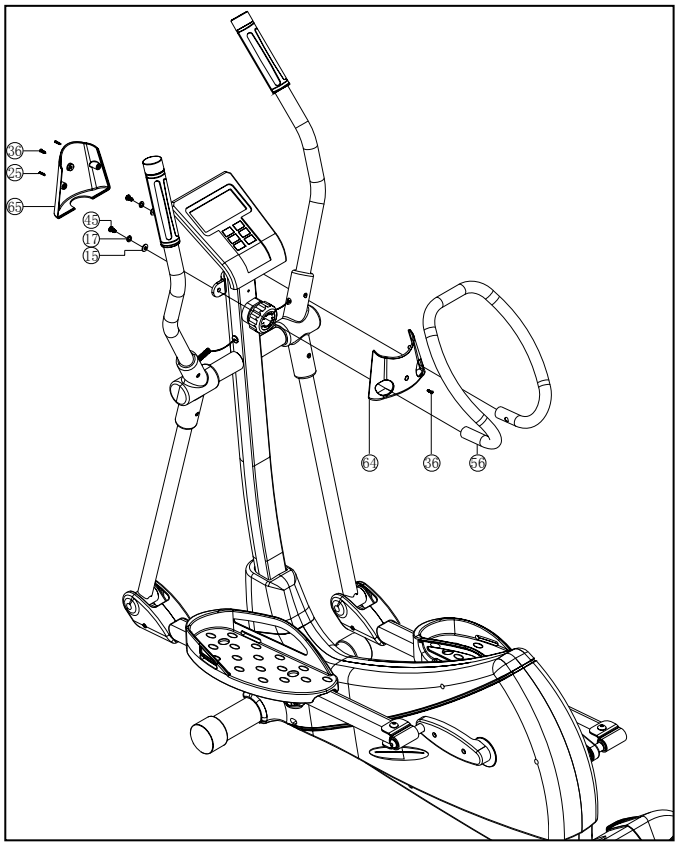


7. METER

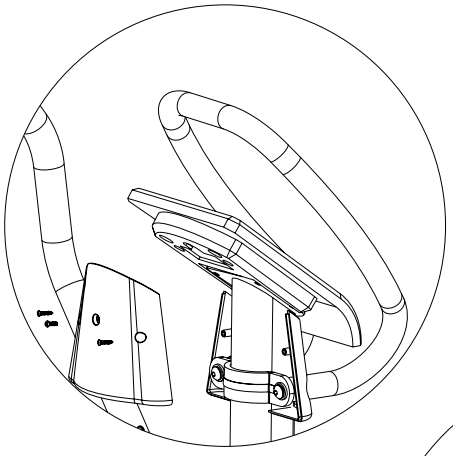
- Take the meter screws (44) from the back of the meter (43)
- Connect the sensor wire upper section (53) with sensor wire on the back of the meter; Connect the hand pulse wire 3 (54) and the hand pulse wire 4 (55) out of the meter post with the hand pulse wire on back side of the meter.
- Fix the meter (43) on top of the meter post and use the removed screws to lock it on.



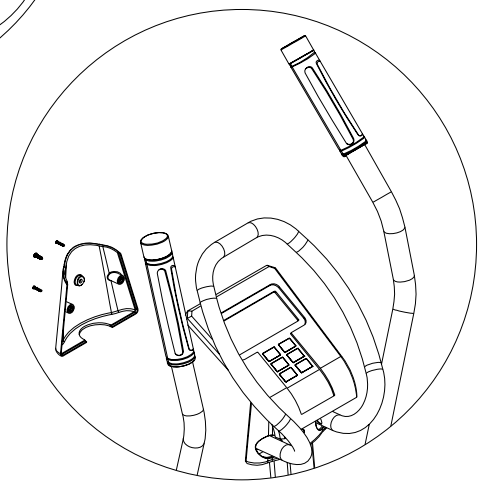
8. Round grip bar



- Please remove the M8*25 screw (45), M8 spring washer (17) and OD20*ID8.5*1.5T flat washer (15) which are pre-assembled on the round grip bar (56).
- Attach the round grip bar front housing (64) on the meter post. Use an M5*16 round cross screw (36) to lock it; insert the round grip bar (56) through the holes in housing (64). Use removed screws and washers to lock the round bar onto the meter post. (See Pic.2-A)
- Join round grip bar rear housing (65) with the front housing (64). Finally use an M5*16 round cross screw (36) and two M4*20 round cross screws to lock them up. (Pic. 2-B)



Pic. 2-A



Pic. 2-B

Meter User Manual.

BUTTON：

1.MODE：Press this button to select all functions and confirm all function values. Hold the button for 2 seconds to total reset all function values.
2.SET：Press to set function value.
3.RESET：Press to reset function value and back to last setting stage.
Hold the button for 2 seconds to reset all function values and clear all functions.
4.BODY FAT：Press to enter into body fat measure function.
5.RECOVERY：Press this button to enter the fitness test if the pulse excess 72.
The ranking of the test resolute is from F1 to F6.

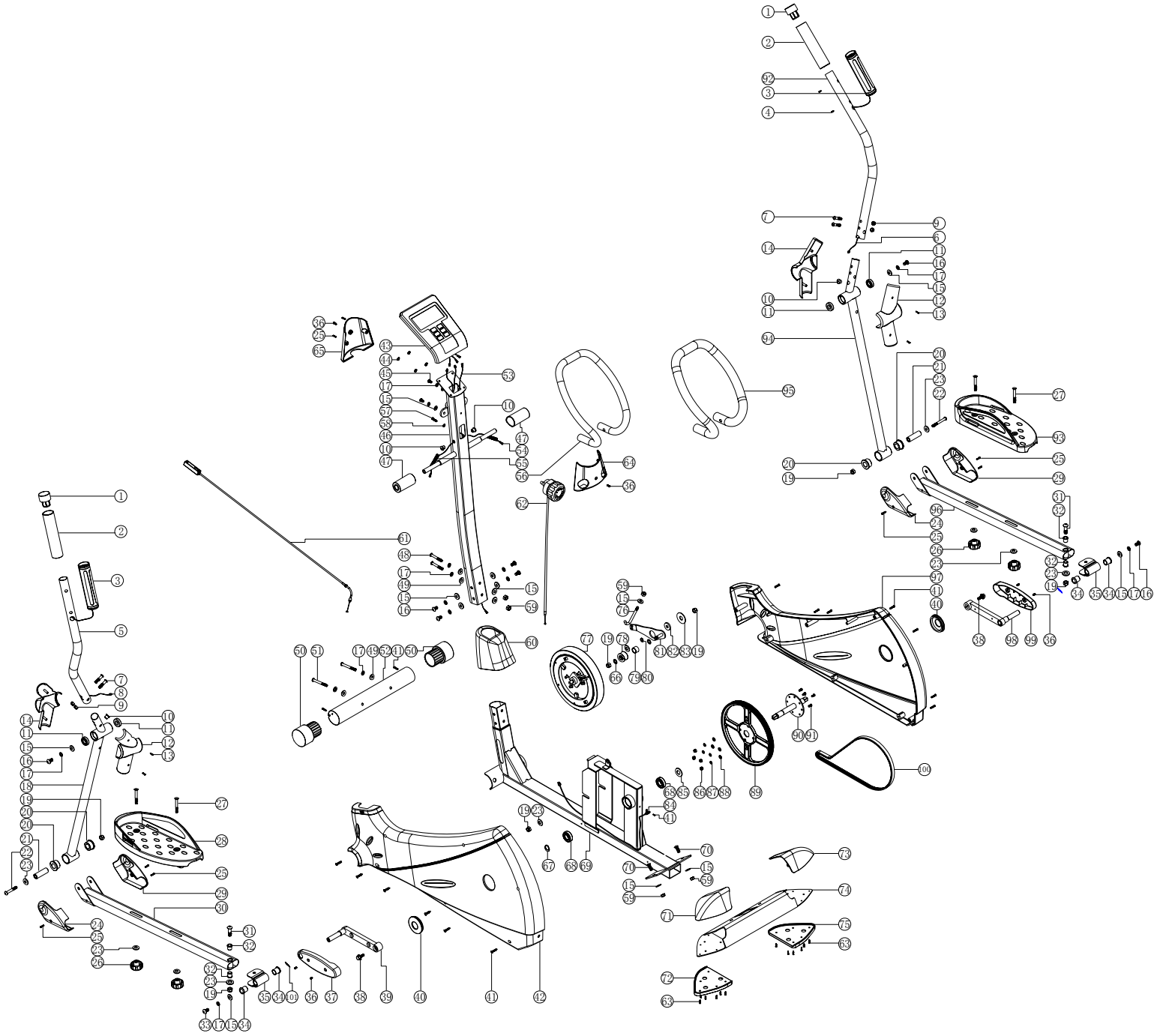
FUNCTION：

1.SCAN：Automatically scan through functions on under line display.
2.TIME：Automatically count up exercise time during exercise.
Automatically count down exercise time from target during exercise.
3.SPEED：Display current exercise speed during exercise.
4.DISTANCE：Automatically count up exercise distance during exercise.
Automatically count down exercise distance from target during exercise.
5.CAL：Automatically count up calories consumption during exercise.
Automatically count down calories consumption from target during exercise.
6.RPM：Revolution per minute.
7.PULSE：Display current heart rate (beat per minute).
8.BODY FAT：Display about body fat function (BMI, BMR, FAT% and so on).
9.RECOVERY：Detect and display heart rate recovery.
10.TEMPERATURE：Display temperature at room.

NOTE：

1. Stop exercise for 4 seconds, all functions stop working, heart rate function may still working if pulse sensor still on.
2. Computer automatically stops calculation after 4 minutes without any signal input.
3. Computer automatically shut down after 4 minutes without any signal input.
4. Replace the batteries while the computer displays improperly.
5. Display temperature at room after the computer shut down.
6. Battery specification: 2pcs of AA size batteries

EXPLODED DIAGRAM



PART LIST

NO.	NAME & SPECIFICATION	QTY.	NO.	NAME & SPECIFICAITON	QTY.
1	swing bar end cap	2	52	front stabilizer	1
2	swing bar foam	2	53	sensor wire upper section	1
3	mega hand pulse	2	54	hand pulse wire 3	1
4	M3*10 hand pulse screw	4	55	hand pulse wire 4	1
5	left upper swing bar	1	56	round grip bar	1
6	hand pulse wire 1	1	57	screw with TCD	1
7	M8*36 inner hexagon screw	4	58	M5 arc wahser with TCD	1
8	hand pulse wire 2	1	59	M8 nylon cap	5
9	M8*6.5T nylon cap	4	60	meter post botton housing	1
10	wire cap	4	61	TCD lower segment	1
11	bearing 6002(ABEC5)	4	62	TCD upper segment	1
12	swing bar front housing	2	63	M4*12 cross screw	16
13	M4*35 round cross screw	4	64	round grip bar front housing	1
14	swing bar rear housing	2	65	round grip bar rear housing	1
15	OD20*ID8.5*2.0T flat washer	15	66	OD14*ID10.5*1.5T flat washer	2
16	M8*20 inner hexagon screw	7	67	crank axle	1
17	M8 srping wahser	14	68	R12 bearing	2
18	left lower swing bar	1	69	main frame	1
19	M10*6.35 T nylon cap	7	70	M8*20 carriage screw	2
20	lower swing bar bushing	4	71	rear stabilizer end cap (L)	1
21	lower swing bar axle	2	72	rear stabilizer rubber wahser (L)	1
22	M10*76 inner hexagon screw	2	73	rear stabilizer end cap (R)	1
23	OD20*ID10.5*2.0T flat washer	13	74	rear stabilizer	1
24	pedal support tube housing (L)	2	75	rear stabilizer rubber washer (R)	1
25	M4*20 round cross screw	8	76	adjust wheel fixer hook	1
26	pedal adjust knob	4	77	inner magnet	1
27	M10*50 carriage screw	4	78	arc adjust wheel with bearing 6000	1
28	left pedal	1	79	adjust wheel gap bushing	1
29	pedal support tube housing (R)	2	80	flywheel axle	1
30	left pedal support tube	1	81	adjust wheel fixer	1
31	M10*50 inner hexagon screw	2	82	gap washer	1
32	little copper bushing	4	83	curve washer	1
33	M8*20 inner hexagon screw	1	84	sensor wire lower section	1
34	pedal axle	4	85	OD32*ID19.5*1.5T flat washer	1
35	pedal support tube adjustor	2	86	M6 nylon cap	4
36	M5*16 round cross screw	6	87	M6 spring washer	4
37	left crank housing	1	88	OD16.5*ID6.5*1.5T flat washer	4
38	5/16-18*25 outer hexagon screw	2	89	belt plate (wtih magnet sensor)	1
39	left crank	1	90	crank axle	1
40	crank end cap	2	91	M6*18 outer hexagon screw	4
41	M4*20 round cross screw	16	92	right upper swing bar	1
42	left body cover	1	93	right pedal	1
43	meter	1	94	right lower swing bar	1
44	M5*10 scrwe (fixed on meter)	4	95	round bar foam	1
45	M8*25 inner hexagon screw	2	96	right pedal support tube	1
46	meter post	1	97	right body cover	1
47	joint axle housing	2	98	right crank	1
48	M8*70 inner hexagon screw	2	99	right crank end cap	1
49	OD16*ID8.5*1.5T arc washer	4	100	belt	1
50	front trasporation wheel	2	101	OD21.7*ID16*0.3T curve washer	2
51	M8*72 inner hexagon screw	2			